# STRESSBUSTERS

## 2024, WEEK 1

### MONDAY 4/29

Weekday Morning
Sitting Meditation
Crest Room, McCullough
8:30am - 8:45am
*Every weekday morning to start the day off well. No experience necessary.*

Knoll Garden Volunteer Hours
The Knoll
11am - 1pm
*Connection, community action, and embodied learning! Bring a filled water bottle and check for updates at go/knollhours.*

Welcome to Stressbusters!
Outside of Wilson Cafe, McCullough
11:30am - 1pm
*Grab some free giveaways to welcome you into Stressbusters!*

Find the plain text calendar that includes the host of each event at go/stressbustersplaintext

### TUESDAY 4/30

Adopt a Duck
Davis Family Library
10am - 10pm
*100 rubber ducks have been hidden around Davis Library, find one to take home with you!*

TWYN (Take What You Need)
Anderson Freeman Center (AFC)
3:30pm - 5pm
*TWYN is a pop-up care space for unstructured down time.*

Therapy Dog Hour
McCullough Patio
4pm - 5pm
*Drop-in time to decompress with therapy dogs Stella and Milo.*

Take a Mental Health Day with MCAB
Grille Foyer, McCullough
4pm - 6pm
*Self care goods, therapy dogs, and mental health resources on campus.*

### WEDNESDAY 5/1

Forest bathing
Class of '97 Trail
10:30am - 11am
*Guided walk in the woods for relaxation and somatic awareness. Sign up at go/forestbathing.*

Free 15-minute massages
HWE Office, Ross ground floor
11am - 1pm
*Sign up for a free 15 minute massage! go/HWEmassage*

Wakeful Wednesdays
Crest Room, McCullough
12:10pm - 12:30pm
*Join Dean of Spiritual and Religious Life Mark Orten for 20 minutes of quiet contemplation with readings and music for our times.*

Build a Bear with MCAB
Ross B011 Classroom
5pm - 7pm
*Create your own stuffed animals!*

Mental Health Awareness Month Kick Off
In front of the Chapel
3pm - 5pm
*Pick up some stigma-fighting supplies and share what helps you when you're in need of support or connection.*

The SlowDown
Crest Room, McCullough
4:30pm - 5:30pm
*Crafting with beads, origami, watercolors, polymer clay, friendship bracelets, collage -- along with homemade ginger cookies and hot homemade chai!*

Yoga for Stress Relief
Mitchell Green Lounge,
3rd floor McCullough
5pm - 6pm
A *slow, restorative, yoga-based movement class to help release tension and relieve stress.*

# STRESSBUSTERS

## 2024, WEEK 1

Find the plain text calendar that includes the host of each event at go/stressbustersplaintext

## THURSDAY 5/2

Weekday Morning Sitting Meditation
Crest Room, McCullough
8:30am - 8:45am
*Every weekday morning to start the day off well. No experience necessary.*

Sip and Stir
AFC main lounge and kitchen
11am - 2pm
*Join us for round 2 of ramen bar with a twist--gourmet coffee bar to go is here too!*

Stress-less Scavenger Hunt
All over campus
Beginning at noon
*Visit some or all stops along the stress-less journey; find clues at go/SLscavengerhunt*

Build Your Own Snoozing Buddy
HWE Office, Ross Ground Floor
1:30pm - 2:30pm
*Come join us in making your own teddy bear!*

Breathe Easy!
Ross Courtyard
2:30pm - 3:30pm
*Grab & go free supplies and resources to stay healthy while studying.*

## FRIDAY 5/3

Tea with a Counselor
Prism Center
10am - 11am
*Drop-in, drink tea with a counselor*

Free 15-minute massages
HWE Office, Ross ground floor
11am - 1pm
*Sign up for a free 15 minute massage! go/HWEmassage*

Knoll Garden Volunteer Hours
The Knoll
9:30am - 11:30am, 1pm - 3pm
*Come join us in the garden for connection, community action, and embodied learning! Bring a filled water bottle and check for updates at go/knollhours.*

Befriending Anxiety
Mitchell Green Lounge,
3rd floor McCullough
1:30pm -2:30pm
*Pick up strategies for managing both physical and mental parts of stress and anxiety.*

Forest bathing
Class of '97 Trail
2:30pm - 3:00pm
Guided walk in the woods for relaxation and somatic awareness. Sign up at go/forestbathing.

Free 15-minute massages
HWE Office, Ross ground floor
3pm - 5pm
*Sign up for a free 15 minute massage! go/HWEmassage*

**This calendar is curated by the Office of Health & Wellness Education (HWE).**
**Contact our office for any questions: healthandwellnessed@middlebury.edu**

# STRESSBUSTERS

## 2024, WEEK 2

### MONDAY 5/6

Weekday Morning Sitting Meditation
Crest Room, McCullough
8:30am - 8:45am
*Every weekday morning to start the day off well. No experience necessary.*

Rx Drug Take Back Supply Handout
Proctor Dining Hall
11:30am - 1:30pm
*Pick up some supplies to help keep friends, siblings and pets safe from prescription drug misuse. Mail back or drug destroying bags available!*

Bursting Stress: Bubbles & boba!
Ross patio
4 - 5pm
*Grab some bubbles & boba drink making supplies - until we run out!*

Glow in the Dark Paint & Sip
Mitchell Green Lounge, 3rd Floor McCullough
6pm - 8pm
*Glow in the dark paint & non-alcoholic beverages supplied! Come get creative.*

### TUESDAY 5/7

Laughter as Medicine
HWE Office, Ross Ground Floor
12:30pm - 12:45pm
*Take a fun-size look at the benefits of humor on the mind and body.*

Therapy Dog Hour
McCullough Patio
4pm - 5pm
*Drop-in time to decompress with therapy dogs Stella and Milo*

### WEDNESDAY 5/8

Rx Drug Take Back Supply Handout
Atwater Dining Hall
11:30am - 1:30pm
*Pick up some supplies to help keep friends, siblings and pets safe from prescription drug misuse. Mail back or drug destroying bags available!*

Wakeful Wednesdays
Crest Room, McCullough
12:10pm - 12:30pm
*Join Dean of Spiritual and Religious Life Mark Orten for 20 minutes of quiet contemplation with readings and music for our times.*

Free 30-minute group acupuncture
Mitchell Green Lounge, 3rd floor McCullough
2pm - 4pm
*Sign up at go/acupuncture*

The SlowDown
Crest Room, McCullough
4:30pm - 5:30pm
*Crafting, cookies and hot homemade chai!*

Yoga for Stress Relief
Mitchell Green Lounge, 3rd floor McCullough
5pm - 6pm
*A slow, restorative, yoga-based movement class that will help release tension and relieve stress.*

**This calendar is curated by the Office of Health & Wellness Education (HWE).**
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## 2024, WEEK 2

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## THURSDAY 5/9

Crafts, crafts, crafts!
HWE office, Ross ground floor
10:30am - 11:30am
*Soooo many crafting options and snacks provided. Come hang out.*

Calm Up, Calm Down
HWE Office, Ross Ground Floor
12:30pm - 12:45pm
*Take a short study break and walk away with quick techniques to boost alertness and reduce tension any time.*

Explore local trails with therapy dog Stella
Centeno House, Health Services
2:15pm - 4pm
*Take some time to relax and explore local trails with therapy dog Stella.*

Burn your worries
Atwater Dining Firepit
2:30pm - 4:30pm
*Is your brain full of worries during finals? Spending some time acknowledging and letting go of worry can help to reduce their intensity. Write down and then burn your worries - S'mores supplies also available!*

Forest bathing
Class of '97 Trail
2:30pm - 3:00pm
*A guided walk in the woods for relaxation and somatic awareness. Sign up at go/forestbathing.*

## FRIDAY 5/10

Tea with a Counselor
Prism Center
10am - 11am
*Drop-in, drink tea with a counselor.*

Free 15-minute massages
HWE Office,
Ross ground floor
11am - 1pm
*Sign up for a free 15 minute massage! go/HWEmassage*

Rx Drug Take Back Supply Handout
Ross Dining Patio
11:30am - 1:30pm
*Pick up some supplies to help keep friends, siblings and pets safe from prescription drug misuse. Mail back or drug destroying bags available!*

Knoll Garden Volunteer Hours
The Knoll
9:30am - 11am, 1pm - 3pm
*Connection, community action, and embodied learning! Bring a filled water bottle and check for updates at go/knollhours.*

Befriending Anxiety
Gifford Annex Classroom
1:30pm - 2:30pm
*Pick up strategies for managing both physical and mental parts of stress and anxiety.*

Free 15-minute massages
HWE Office,
Ross ground floor
3:30pm - 5:30pm
*Sign up for a free 15 minute massage! go/HWEmassage*